

Report Date: 29 Apr 2015

Summary Report for Individual Task
805B-79T-3302
Conduct an Army Physical Fitness Test / Physical Fitness Assessment
Status: Approved

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD1 - The materials contained in this course have been reviewed by the course developers in coordination with the RRS, Fort Jackson foreign disclosure authority. This course is releasable to students from all requesting foreign countries without restrictions.

Condition: You have scheduled an Army Physical Fitness Test / Physical Fitness Assessment to assess the physical readiness of RSP Soldiers. You have access to reference material, training aids, suitable location, medical support, evacuation plan and Composite Risk Management.

Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

Standard: Conduct APFT / PFA for RSP Soldiers by:

- Determining site
- Gathering all required equipment
- Transporting/moving Soldiers to the training location
- Issuing a safety brief and risk assessment
- Administering APFT / PFA IAW TC 3-22.20
- Recording scores

Special Condition: None

Safety Risk: Low

MOPP 4: N/A

Task Statements

Cue:

DANGER

None

WARNING

None

CAUTION

None

Remarks: None

Notes: None

Performance Steps

1. Prepare for Army Physical Fitness Test / Physical Fitness Assessment.
 - a. Identify personnel to take the APFT/PFA.
 - b. Request training area.
 - c. Identify support personnel.
 - (1) Medical.
 - (2) NCOIC.
 - (3) Time keeper.
 - (4) Scorers (1 Scorer to 15 Soldiers).
 - d. Procure equipment and training aids.
 - (1) Clip boards.
 - (2) Stop watches.
 - (3) Road guard vests.
 - (4) Pens / Pencils.
 - (5) DA Form 705 / RSP Form 705 / APFT -PFA Score Sheets / Rosters.
 - e. Transport Soldiers to APFT / PFA training location.
 - f. Conduct safety brief and risk assessment.
 - g. Lead PT formation.
 - (1) Assume extended rectangular formation.
 - (2) Conduct Preparation Drill.
 - (3) Close formation.
 - h. Command Soldiers to fall out into columns behind scorers.
2. Execute APFT / PFA.
 - a. Brief Push-up event per FM 7-22.
 - b. Execute Push-up event per FM 7-22.
 - c. Brief Sit-up event per FM 7-22.

- d. Execute Sit-up event per FM 7-22.
- e. Brief Run event per FM 7-22.
- f. Execute Run event per TC 3-22.20.
- g. Reassemble the formation.
 - (1) Assume extended rectangular formation.
 - (2) Conduct Recovery Drill.
 - (3) Close formation.
 - (4) Transport Soldiers to personal hygiene location.
- h. Brief on next training time and location.
- i. Input Soldiers scores into VULCAN database.
- j. Counsel as required.
 - (1) Failure.
 - (2) At risk of failure.
 - (3) Positive progression.
 - (4) Awards and incentives for high PT scores.

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Score the Soldier a GO if all performance measures are passed (P). Score the Soldier a NO GO if any performance measure is failed (F).

Evaluation Preparation: Ensure that the Soldier being evaluated has access to all equipment and references required to successfully complete this task.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Prepared for Army Physical Fitness Test / Physical Fitness Assessment.			
a. Identified personnel to take the APFT/PFA.			
b. Requested training area.			
c. Identified support personnel.			
(1) Medical.			
(2) NCOIC.			
(3) Time keeper.			
(4) Scorers (1 Scorer to 15 Soldiers).			
d. Procured equipment and training aids.			
(1) Clip boards.			
(2) Stop watches.			
(3) Road guard vests.			
(4) Pens / Pencils.			
(5) DA Form 705 / RSP Form 705 / APFT-PFA Score Sheets / Rosters.			
e. Transported Soldiers to APFT / PFA training location.			
f. Conducted safety brief and risk assessment.			
g. Lead PT formation.			
(1) Assumed extended rectangular formation.			
(2) Conducted Preparation Drill.			
(3) Closed formation.			
h. Commanded Soldiers to fall out into columns behind scorers.			
2. Executed APFT / PFA.			
a. Briefed Push-up event per FM 7-22.			
b. Executed Push-up event per FM 7-22.			
c. Briefed Sit-up event per FM 7-22.			
d. Executed Sit-up event per FM 7-22.			
e. Briefed Run event per FM 7-22.			
f. Executed Run event per FM 7-22.			
g. Reassembled the formation.			
(1) Assumed extended rectangular formation.			
(2) Conducted Recovery Drill.			
(3) Closed formation.			
(4) Transported Soldiers to personal hygiene location.			
h. Briefed on next training time and location.			
i. Input Soldiers scores into VULCAN database.			
j. Counseled as required.			
(1) Failure.			
(2) At risk of failure.			
(3) Positive progression.			
(4) Awards and incentives for high PT scores.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary
	FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages	Yes	No

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful

effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT.

Safety: In a training environment, leaders must perform a risk assessment in accordance with ATP 5-19, Risk Management. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological, Radiological, and Nuclear Decontamination.

Prerequisite Individual Tasks : None

Supporting Individual Tasks : None

Supported Individual Tasks : None

Supported Collective Tasks : None

ICTL Data :

ICTL Title	Personnel Type	MOS Data
STRUCTURED SELF DEVELOPMENT COURSE (SSD I) ICTL	Enlisted	MOS: 000, Skill Level: SL1
79T-ARNG Recruiting and Retention-SL3	Enlisted	MOS: 79T, Skill Level: SL3, ASI: V7, Duty Pos: REA, SQI: 4